



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release APRIL 7, 1960

FOR FOOD EDITORS

SCALLOPS--A TREAT FOR LENT

Why not serve scallops during Lent as a special treat for your family?

Scallops are marketed all year but are at their best when taken from November through April. Scallops are a light cream color, sometimes varying to a delicate pink. Fresh scallops and frozen scallops when thawed, should have a sweetish odor.

Scallops have a lean, light, firm meat and a sweet flavor. They contain high levels of well-balanced protein, very little fat, and many of the minerals and vitamins necessary for the good health of all members of the family.

In the past the most familiar scallop dishes served have been deep-fat fried or pan-fried scallops, however, these dishes are only a beginning since scallops can be served in cocktails, appetizers, soups, salads, and main dishes with equally satisfying results.

The home economists of the Bureau of Commercial Fisheries, United States Department of the Interior, recommend "Scallops Lorraine" as a special treat for the family during Lent.

SCALLOPS LORRAINE

1 pound scallops, fresh or frozen	2 tablespoons sherry
1 quart boiling water	2 tablespoons chopped parsley
2 tablespoons salt	1 teaspoon salt
1 cup pastry mix	$\frac{1}{2}$ teaspoon celery salt
3 eggs, beaten	Dash pepper
$\frac{3}{4}$ cup coffee cream	Paprika

Thaw frozen scallops. Remove any shell particles and wash. Place in boiling salted water. Cover and return to the boiling point. Simmer for 3 to 4 minutes, depending on size. Drain. Chop scallops. Prepare pastry mix as directed. Roll and line a 9-inch pie pan. Combine eggs and cream; add remaining ingredients except paprika. Place scallop mixture in pie shell. Sprinkle with paprika. Bake in a moderate oven, 350°F., for 35 to 40 minutes or until pie is firm in the center. Serves 6.

x x x